



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 19081, Candies, sweet chocolate

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	0.50	--	0.088	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Energy	kcal	507	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Energy	kJ	2120	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Protein	g	3.90	--	0.280	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Total lipid (fat)	g	34.20	--	1.376	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Ash	g	1.00	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Carbohydrate, by difference	g	60.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fiber, total dietary	g	5.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Sugars, total	g	51.48	--	--	--	--	--	--	--	--	Calculated or imputed	19080	05/2009
<strong>Minerals</strong>													
Calcium, Ca	mg	24	--	1.409	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	2.76	--	0.369	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Magnesium, Mg	mg	113	--	9.699	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Phosphorus, P	mg	147	--	5.325	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Potassium, K	mg	290	--	17.076	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Sodium, Na	mg	16	--	4.933	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Zinc, Zn	mg	1.50	--	0.051	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Copper, Cu	mg	0.574	--	0.073	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Manganese, Mn	mg	0.494	--	0.078	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Selenium, Se	µg	2.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Thiamin	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Niacin	mg	0.670	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Pantothenic acid	mg	0.071	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Vitamin B-6	mg	0.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Folate, total	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total	mg	29.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	19080	02/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	19080	02/2003
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	19080	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	19080	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	19080	02/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	19080	02/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	19080	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	19080	02/2003
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	--	--	--	--	--	--	Calculated or imputed	19080	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	6.3	--	--	--	--	--	--	--	--	Calculated or imputed	19080	02/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	20.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	8.690	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:0	g	11.350	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Fatty acids, total monounsaturated	g	11.220	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
16:1 undifferentiated	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:1 undifferentiated	g	11.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.990	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:2 undifferentiated	g	0.960	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:3 undifferentiated	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
<b>Amino Acids</b>													
Tryptophan	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Threonine	g	0.154	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Isoleucine	g	0.151	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Leucine	g	0.236	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	0.195	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Methionine	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Cystine	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Phenylalanine	g	0.187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Tyrosine	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Valine	g	0.234	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Arginine	g	0.221	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Histidine	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Alanine	g	0.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Aspartic acid	g	0.388	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	0.586	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Glycine	g	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Proline	g	0.167	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Serine	g	0.168	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Theobromine	mg	426	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
<b>Flavonoids</b>													
Proanthocyanidin													
Proanthocyanidin dimers <sup>1</sup>	mg	2.6	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers <sup>1</sup>	mg	1.4	--	0	0	0	--	--	--	--	--	--	--

<sup>1</sup>de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages, 2000 J. Agric. Food Chem. 48 pp.5331-5337